

## MAKE A CALMING GLITTER BOTTLE

### Instructions

Find an empty bottle and fill with water. Add a teaspoon of glitter glue and a few teaspoons of glitter, or sand could be used as an alternative. Firmly secure the lid.

### Use the bottle to explain the brain as follows:

Shake the bottle and discuss how hard it is to see clearly through the bottle when the glitter is flying around.

Compare this to when your emotional part of your brain is in charge and it is hard to think clearly and make good decisions. Explain that when the glitter settles it is like the emotional part of your brain calming down, so good decisions can be made.

Shake the bottle again and take slow deep mindful breaths together whilst the glitter settles.